



Group Fitness Class Schedule

~ January 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<p>Classes are subject to change throughout the year</p>	<p>OPEN 24/7</p>	<p><u>Staff Hours</u> Mon-Thurs 7am - 5pm Friday 7am - 1pm</p> <p><u>PHONE</u> 218-444-8138</p>	<p><u>WEBSITE</u> Inchargefitnesscenter.com</p> <p> LIKE US ON FACEBOOK!!</p>	<p>1</p> <p>RIPPED 6.15am - 7.00am</p>	<p>2</p>	<p>3</p> <p>Cardio, Lift & Tone 8.00am-9.00am</p>		
		4	5	6	7	8	9	10
			<p>Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm</p>		<p>Cardio, Lift & Tone 5.30pm-6.30pm Yoga 7.15pm-8.00pm</p>	<p>RIPPED 6.15am - 7.00am</p>		<p>Cardio, Lift & Tone 8.00am - 9.00am</p>
		11	<p>Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm</p>	13	<p>Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm</p>	<p>RIPPED 6.15am - 7.00am</p>	16	<p>Cardio, Lift & Tone 8.00am - 9.00am</p>
		18	<p>Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm</p>	20	<p>Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm</p>	<p>RIPPED 6.15am - 7.00am</p>	23	<p>Cardio, Lift & Tone 8.00am - 9.00am</p>
25	<p>Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm</p>	27	<p>Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm</p>	<p>RIPPED 6.15am - 7.00am</p>	30	<p>Cardio, Lift & Tone 8.00am - 9.00am</p>		

YOGA – LEVEL 1-2 (Mondays, Wednesdays)

No Prior Yoga Experience Necessary

Can yoga be fun? Ours is! Release stress, smile and even laugh, yes! We are not about perfecting poses but building strength and flexibility. Each class is personalized and tailored to your areas of sensitivity or pain. Dionne Daly is the Bemidji Lakes Area premier certified yoga instructor. Get your focus on now! Mature children welcome.

Instructor: Dionne Daly

Email or call to register

dionne@inchargefitnesscenter.com | 218-766-9262

CARDIO, LIFT & TONE – LEVEL 2-3 (Mondays, Wednesdays, Saturdays)

Burn some calories with this high intensity one hour workout! We combine different types of cardio exercises, adding strength training and resistance moves for arm, leg and core toning. We use everything from weights and bands to the stability ball. Don't be afraid to try something new!

Instructor: Melanie Schmidt

RIPPED (Thursdays)

RIPPED will get your body moving with an easy to follow, high energy cardio routine that incorporates weight resistance, plyometrics, coordination and endurance to high energy music. This One Stop Body Shock will transform your body.

Instructor: Cathy Marcotte

Non-Members - \$5.00 Each Class

PUNCH CARDS

6 Classes for \$30

10 Classes for \$45

***Classes are free to
all InCharge
Members!!!***